



NJira zina zopewera HIV

Njira yopelekera Uphungu poganizira otenga mbali.

Ulendo wolowa
kafukufuku



Takulandirani...

...ndipo zikomo kwambiri!

Uphungu okhuza kukhulupirika mu HOPE

CHISANKHO: Kukuthandizani kuti musankhe njira yopambana zedi yopewera HIV kwa inu

KUYAMBA ZOKAMBIRANA: Zokhudza ziganizo zolingana ndi kugwiritsa ntchito ling'i kapena njira ina iliyonse yopewera HIV

Kukuthandizani kusankha


Simayi wina aliyense angafune kugwiritsa ntchito ling'i

Mumagawo athuwa, tidzakhala:...

Tikukambirana za ling'i kapena njira ina iliyonse yopewera HIV imene musankhe

Tikuthandizani kupanga chiganizo pa ndondomeko yopambana zedi kwa inu yopewera HIV.

Tithandizana nanu kusintha ndondomeko yanu



Kugawana nanu za mlingo wa mankhwala a mu ling'i.

Kuyamba zokambirana

NDIDZACHITA IZI

- Kumvetsera momwe mwagwiritsira ntchito ling'i kapena ndondomeko zina zopewera HIV
- Kuthandizana nanu kuthana ndi zovuta zokhudzana ndi kupewa kwa HIV
- Kuthandizana nanu kuti mukhalebe opanda HIV



SINDIDZA

- Kuweruzani
- Kukakamizani kugwiritsa ntchito ling'i

Kafukufuku wina wa ling'i

Ndiuzeni za malingaliro anu kuti mulowe nawo kafukufukuyu...

Kodi kutenga nawo mbali mu ASPIRE kunali kopindula bwanji?

Kodi phindu lakutenga nawo mbali mu HOPE lingakhale lotani?



Kodí munamva zotani zokhudza
zotsatira za *ASPIRE*?

Zotsatira zofunikira zedi kuchokera mu ASPIRE

- ✓ Ling'i ili ndi kuthekera kochuluka kochepetsa mpata wotengera kachilombo ka HIV kwa amayi
- ✓ Chitetezo chimakhala chochuluka zedi, ling'iyi ikagwiritsidwa ntchito nthawi zonse.
- ✓ Ling'i siiteteza pamene siikugwiritsidwa ntchito
- ✓ Ling'i ilibe zovuta pogwitsidwa ntchito.

Ling'i?

"Inde, ndikufuna kugwiritsa ntchito ling'i"

"Ayí, sindikufuna kugwiritsa ntchito ling'i"

"Mwina, sindikudziwa bwino bwino"



Ndichisank
ho CHANU

Ndiuzeni za chisankho chanu

Za momwe mwagwiritsira ntchito ling'i

Chinakuthandizani kugwiritsa ntchito ling'i mu ASPIRE
chinali chiyani?

Nanga ndi zovuta/zophinja zanjira zomwe munathana nazo?

Malingaliro anu ndi wotani pakugwiritsa ntchito ling'i mu
kafukufukuyu?

Zidandaulo/zovuta zokhuzana ndi ling'i

Sindikonda
kuyisunga ili
chikhalire
mkatimu
nthawi zonse

Imandisowetsa
mtendere

Ndiyonyasa
/yokuda

Ndiyoyipa
ku thanzi
langa

....

Ena
amandiuza
kuti
ndisamaigwiri
tse ntchito

Ikhoza
kugwa



Bwenzi langa
sangaikonde

Imandidwalitsa

Njira zina zopewera HIV

Gwiritsani ntchito
ling'i nthawi
zonse

Gwiritsani ntchito
makondomu
nthawi zonse

Limbikitsani
bwenzi lanu kuti
likachititse
mdulidwe

Gwiritsani ntchito
mankhwala
okumwa,
otetezera, a PrEP



Ngati bwenzi lanu lili ndi
HIV, limbikitseni pa
kamwedwe ka ma ARV,
mwandondomeko

Limbikitsani
bwenzi kuti
likayezetse HIV

Landirani
chithandizo cha
matenda opatsirana
pogonana

Chepetsani
chiwerengero cha
abwenzi ogonana nawo

Tsatani makhalidwe
ogonana wochepetsa
chiopsezo

Malingaliro anu pa kapewedwe ka HIV

Malingaliro anu ndi otani pakugwiritsa ntchito ndondomeko za kapewedwe ka HIV zomwe munasankha?

Mungachite chiyani kuti muonetsetse kuti mwapambana mmagwiritsidwe ntchito anu anjirazi?

Zovuta/zopinga za kapewedwe ka HIV

.....

Ndizovuta
kukambirana ndi
a bwenzi anga

Sindikhalala ndi
makondomu
nthawi zonse

Ndinatengek
a kwa
kamphindi

Ndimayiwala
kugwiritsa
ntchito
makondomu

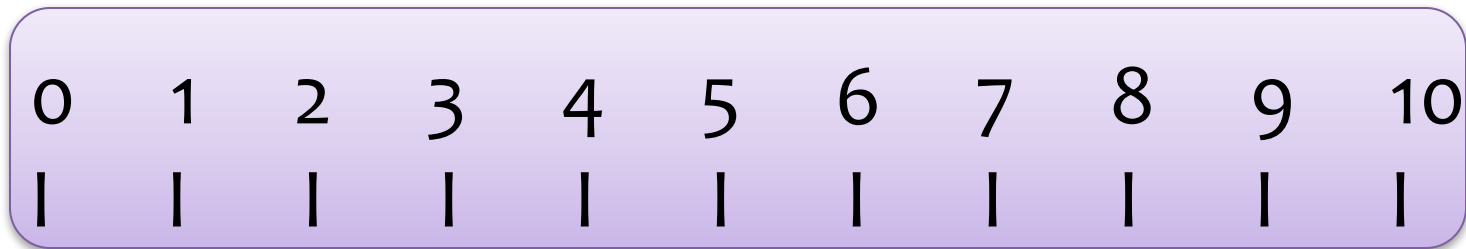
Bwenzi langa
silikuvomereza

Ndinkamwa
ndipo
sindinkaganiza



Mlingo wa kufunikira

Pa mlingo [sikelo] ya 0 mpaka 10, pomwe 0 ali zosafunikira konse ndipo 10 ali zofunikira zedi, kodi nkofunikira bwanji kwa inu kugwiritsa ntchito njira/ndondomeko zomwe mwasankha kuti mupewe kutengera HIV?



Yosafunikira
konse

Yofunikira
zedi

Zifukwa zina zomwe zikukupangitsani kuti musankhe nambala imeneyo, osakhala pa 0 kapena 1 ndi ziti?

Mulingo wa chitsimikizo

Pa mlingo [sikelo] ya 0 mpaka 10, pomwe 0 ali kupandiratu chitsimikizo nkomwe ndipo 10 ali chitsimikizo chochuluka, kodi ndinu otsimikizika bwanji kuti mukanatha kugwiritsa ntchito nthawi zonse njira/ndondomeko yomwe mwasankha kuti mupewe kutengera HIV?

0	1	2	3	4	5	6	7	8	9	10

Yosafunikira
konse

Yofunikira
zedi

Chikupangitsa kuti chitsimikizo chanu chikhale pa nambala imeneyo,
osakhala pa 0 kapena 1 ndi chiyani?

Nanga Chingathandizire kukwezerako pamwamba chitsimikizo chanu ndi chiyani?

Kodi mungakwaniritse bwanji kuchita chimenechi?



China chomwe mukufuna kuti tikambirane
lero ndi chiyani...

...zokhudza ling'i?

... za njira zopewera HIV zomwe munasankha?

Ulendo otsatira

Kodi Tidzakumananso liti?

Tidzapanga zotani?

Kumbukirani:

Kubweretsa ling'i yanu

Ndizagawana nanu zotsatira za mlingo wa mankhwala kuyambira pa mwezi wachitatu

Maulendo otsatira a kafukufuku

Miyezi 1, 2, 3, 6, 9



Takulandirani... ..ndipo zikomo kwambiri!

Mugawo lathuli lero

Kukwaniritsa zolinga kukhoza kukhala kovuta

Zopambana



- Ntchito yabwino, mwakwaniritsa cholinga chanu!
- Ngati mukufuna, titha kukambirana kuti ntchito yabwino ipitirire

Zokhumudwitsa



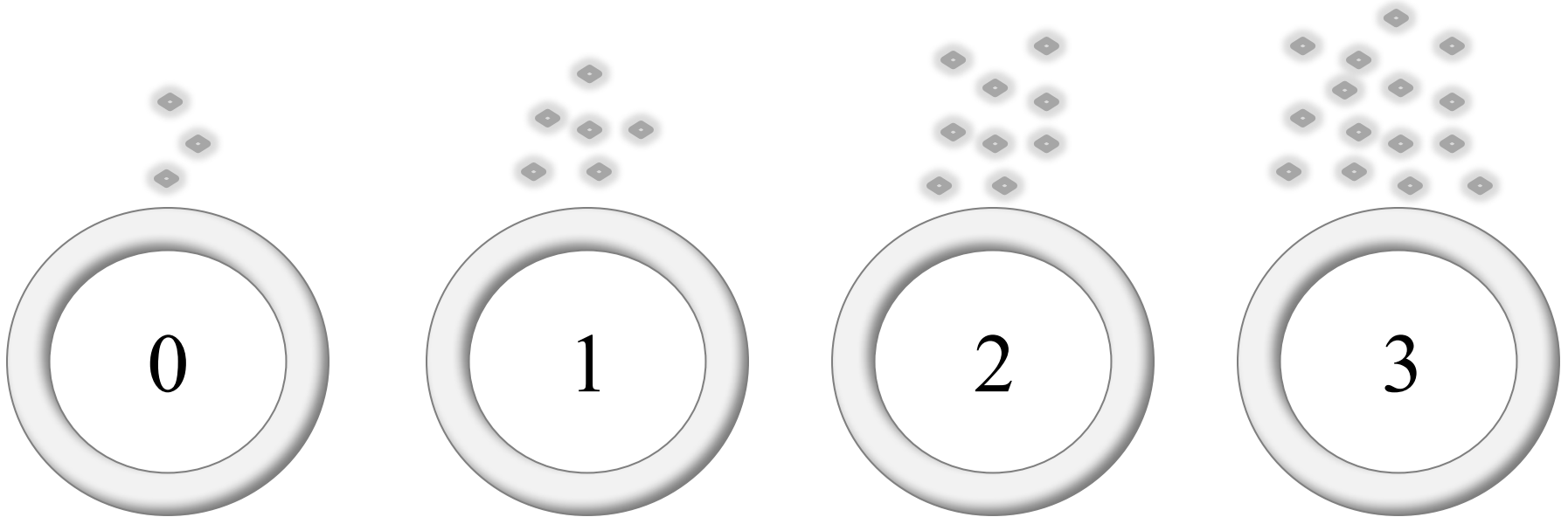
- Musadandaule, sindiri pano kukuweruzani
- Ngati mukufuna, titha kugwira ntchito limodzi kupeza njira zothandiza

Mulingo wa Mankhwala mu ling'i

Kagwiritsidwe kochepa



Kagwiritsidwe kochuluka



Palibe chitetezo



Chitetezo chambiri

Kumbukirani...

Zotsatira za mulingo wa mankhwala sizingakhale ndendende mulingo (100%) nthawi zonse

Tigawana nanu zotsatira ...

- Kuti mukhale ndichithunzithunzi cha mulingo wachitetezo chomwe mukulandira kuchokera mu ling'i
- Pokuthandizani inu kusankha ngati mungafune kugwiritsa ntchito ling'i mosiyanyanako kuti ikupatseni chitetezo chambiri ku HIV

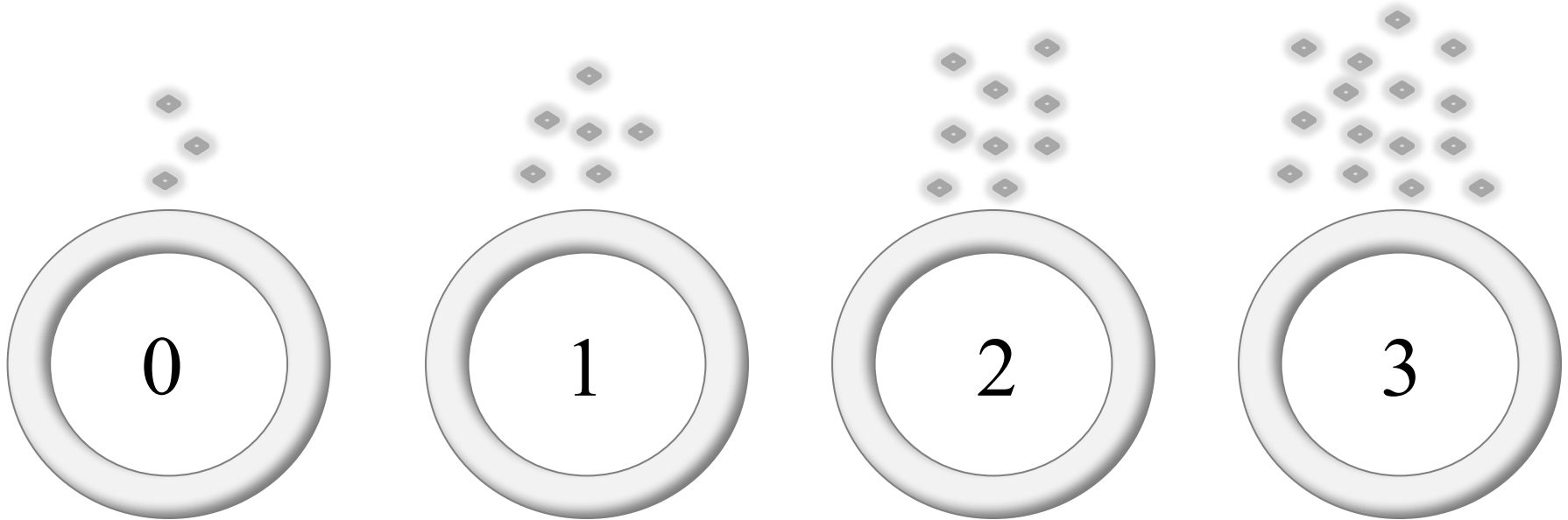
Mmene mungagwiritsire ntchito uthengawu ndi chisankho chanu

Mulingo wa chitetezo chanu

Palibe chitetezo



Chitetezo chambiri



Maganizo anu ndi otani pa zimezi?

Munganene chiyani pa za mulingo wa chitetezo munapeza kuchokera mu ling'i?
Izi zingatanthauze chiyani kwa inu kupitiriza kukhala opanda HIV?

Ndi njira zina ziti zopewera HIV munasankha mmbuyomu?

Gwiritsani ntchito ling'i nthawi zonse

Gwiritsani ntchito makondomu nthawi zonse

Limbikitsani bwenzi lanu kuti likachititse mdulidwe

Gwiritsani ntchito mankhwala okumwa, otetezera, a PrEP



Ngati bwenzi lanu lili ndi HIV, lilimbikitseni pa kamwedwe ka ma ARV, mwandondomeko

Limbikitsani bwenzi kuti likayezetse HIV

Landirani chithandizo cha matenda opatsirana pogonana

Chepetsani chiwerengero cha abwenzi ogonana nawo

Tsatani makhalidwe ogonana wochepetsa chiopsezo

Kufufuza

Kodi /ndondomeko yanu yopewera HIV inayenda bwanji?

Chinayenda bwino ndi chiyani?

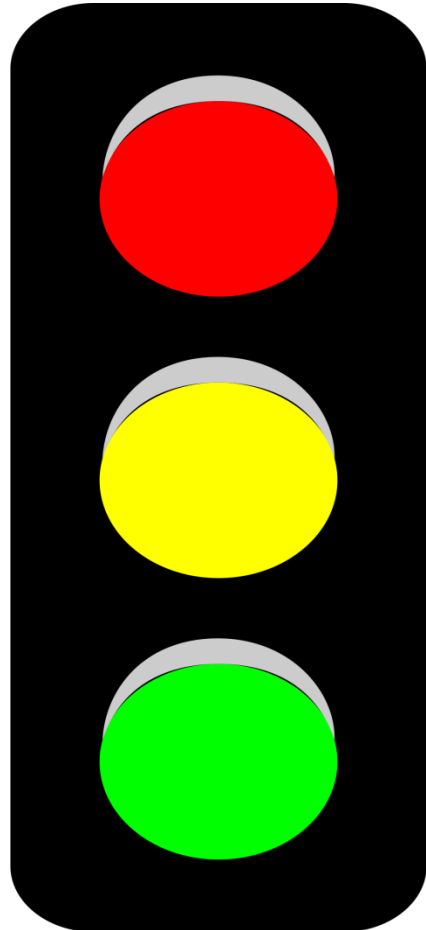
Chomwe sichinayende bwino ndi chiyani?

Munakumana ndi zobvuta zotani?

Munathana nazo bwanji?

Malingaliro okhuza

Njira/Ndondomeko yopewera HIV

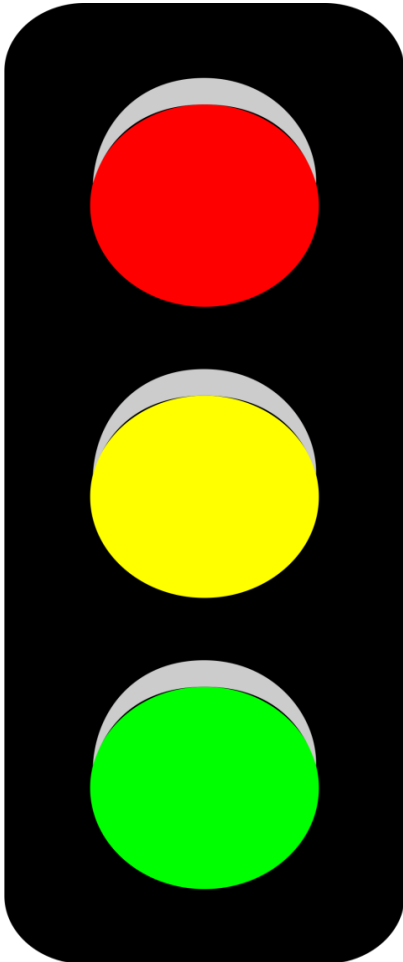


Ndondomeko yanga siinagwire ntchito. Ndikuyenera ndichite china chake chosiyaniranatu, kuti ndisatengere HIV

Ndondomeko yanga inagwira mwa choncho. Ndikuyenera ndisinthé zinthu zina, kuti ndiziteteze bwino ku HIV

Ndondomeko yanga inagwira ntchito bwino kwabasi. Ndikuyenera ndipitirize zomwe ndikuchita, kuti ndiziteteze ku HIV

Kuthana ndi zopinga



Ndi njira ina iti yopewera HIV yomwe ingakugwirireni bwino ntchito?
Mungachite chiyani kuti njira yomwe mwatchulayo ikupindulireni?

Ndizopinga zotani zomwe mukufuna kugonjetsa kuti muchite bwino?
Mungachite chiyani chosiyana ndi poyamba kuti mupambane potsata
njira yoyenera?
Ndi chiyani chomwe tingachite mu zokambirana zathu kuti
zikuthandizeni kukwaniritsa zolinga?

Ndi chiyani chinakuthandizani kuti mupambane mu njira yanu ya
kapewedwe ?
Mungachite chiyani kuti mupitirize kupambana mu njira yopwerera
HIV yomwe munasankha?

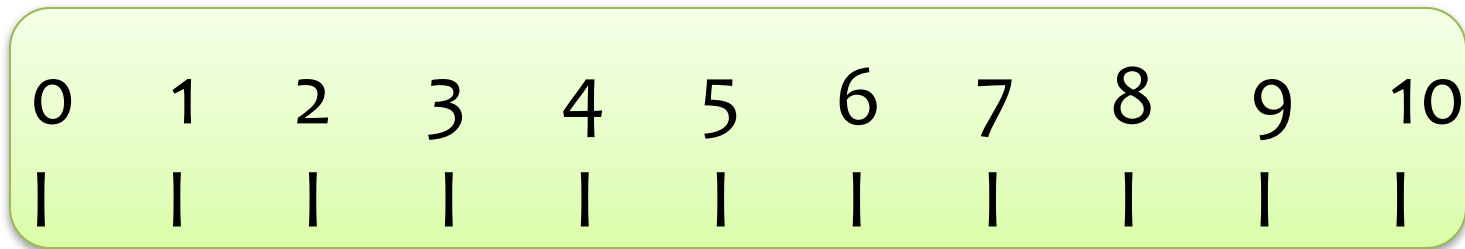
Kulingalira ndondomeko za masabata akutsogolo

Ndi zinthu zanji zomwe zichitike m' masabata ochepa akubwerawa zomwe zikhoza kusokoneza ndondomeko yanu ya kapewedwe ka HIV?



Mulingo wa chitsimikizo

Pa mlíngo [síkelo] ya 0 mpaka 10, pomwe 0 ali kupandíratu chítsimikizo nkomwe ndípo 10 ali chítsimikizo chochuluka, kodi ndínu otsímikízika bwanjì kutí mukanatha kugwiritsa ntchito nthawí zonse njíra/ndondomeko yomwe mwasankha kutí mupewe kutengera HIV?



Yosafunikira
konse

Yofunikira
zedi

Chíkupangítsa kutí chítsimikizo chanu chíkhale pa nambala ímeneyo,
osakhala pa 0 kapena 1 ndi chíyani?

Nanga Chíngathandízire kukwezerako pamwamba chítsimikizo chanu ndi chíyani?

Kodi mungakwanírítse bwanjì kuchíta chimenechí?



China chomwe mukufuna kuti tikambirane
lero ndi chiyani...

...zokhudza ling'i?

... za njira zopewera HIV zomwe munasankha?

Ulendo otsatira

Kodi Tikumananso liti?
Tidzapanga zotani?

Kumbukirani:

Kubweretsa ling'i yanu

Ndizagawana nanu zotsatira za mlingo wa
mankhwala kuyambira pa mwezi wachitatu

Kumaliza kwa ulendo

Ulendo wa miyezi 12



Takulandirani... ...ndipo zikomo kwambiri!

Mugawo lathuli lero

Kukwaniritsa zolinga zathu sikophweka

Zopambana



- Ntchito yabwino, mwakwaniritsa cholinga chanu!
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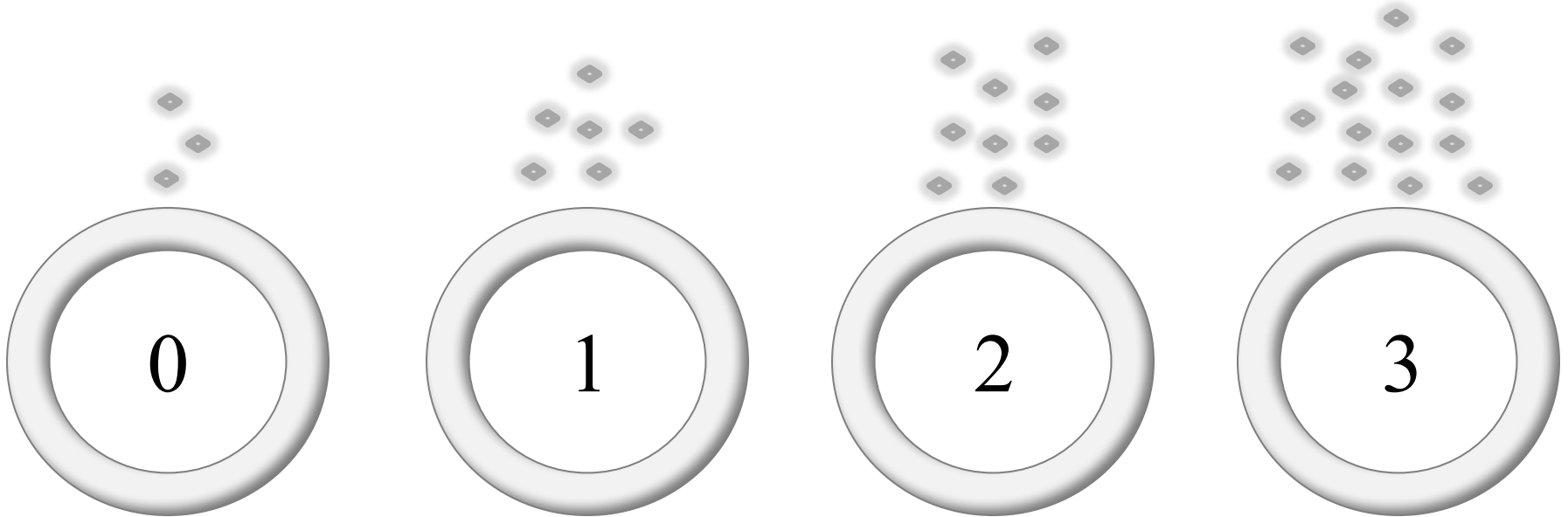
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Mulingo wa Mankhwala mu ling'i

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Kagwiritsidwe kochuluka



Palibe chitetezo



Chitetezo chambiri

Kumbukirani...

Zotsatira za mulingo wa mankhwala sizingakhale ndendende pamulingo wake (100%) nthawi zonse

Tigawana nanu zotsatira ...

- Kutí mukhale ndichithunzithunzi cha mulingo wachitetezo chomwe mukulandira kuchokera mu ling'i

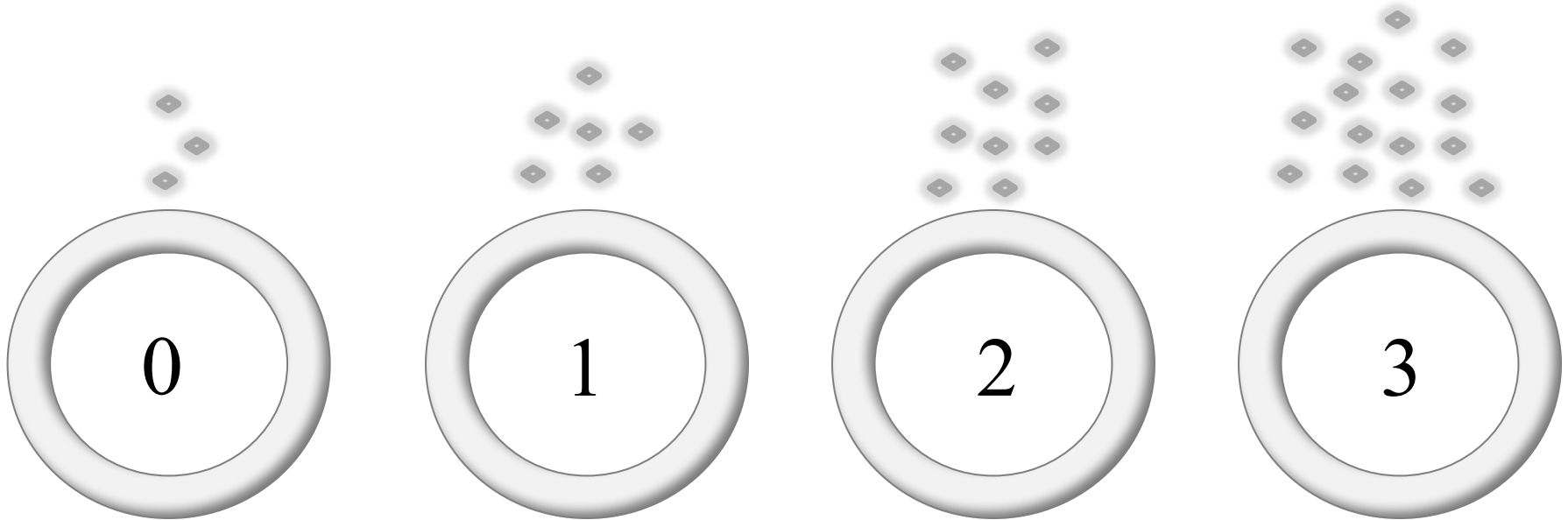
Mmene mungagwiritsire ntchito uthengawu ndi chisankho chanu

Mulingo wa chitetezo chanu

Palibe chitetezo



Chitetezo chambiri



Maganizo anu ndi otani pa zimezi?
Munganene chiyaní pa za mulingo wa chitetezo munapeza kuchokera mu ling'í?

Ndi njira zina ziti zopewera HIV munasankha mmbuyomu?

Gwiritsani ntchito ling'i nthawi zonse

Gwiritsani ntchito makondomu nthawi zonse

Limbikitsani bwenzi lanu kuti likachititse mdulidwe

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Kufufuza

Kodi ndondomeko yanu yopewera HIV inayenda bwanji?

Chinayenda bwino ndi chiyani?

Chomwe sichinayende bwino ndi chiyani?

Talingalirani za m'mbuyo...

Ndi njira ziti zopewera HIV zomwe zakugwilirani ntchito bwino zedi panthawi ya kafukufukuyu?

Ndi njira ziti zopewera HIV zomwe mungakonde kugwiritsa ntchito mutsogolo muno?



Malingaliro a mtsogolo a Ndondomeko zopewera HIV

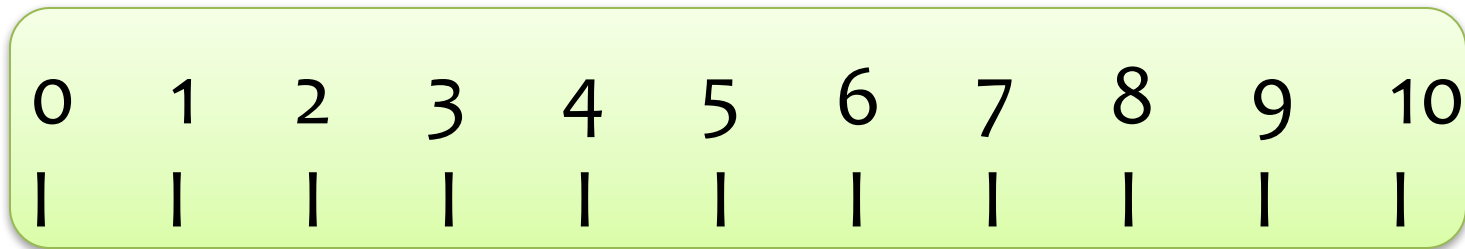
Kodi muli ndi ndondomeko yanji yogwiritsira ntchito njira zomwe mwasankha?

- Kodi mungatani kuti mutsimikize kuti mupambane?

- Kodi ndi zopinga zotani zimene mungathe kukumana nazo ndipo mungazigonjetse bwanji?

Mulingo wa chitsimikizo

Pa mulingo [sikelo] ya 0 mpaka 10, pomwe 0 ali kupandiratu chitsimikizo nkomwe ndipo 10 ali chitsimikizo chochuluka, kodi ndinu otsimikizika bwanji kuti mudzakhalabe opanda HIV?



Wosatsimikiza
konse

Wotsimikiza
kwambiri

Chikupangitsa kuti chitsimikizo chanu chikhale pa nambala imeneyo,
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Nanga Chingathandizire kukwezerako pamwamba chitsimikizo chanu ndi chiyani?
Kodi mungakwaniritse bwanji kuchita chimenechi?



China chomwe mukufuna kuti tikambirane
lero ndi chiyani....

Zikomo!!!!

- Potenga nawo mbali mu kafukufukuyu
- Podzipereka kuyankhula momasuka
- Pothandiza kuchepetsa muliri wa HIV pakati pa amayi mu Africa



Zikomo kwambiri!